



# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

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*COMMONWEALTH of VIRGINIA*  
*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

**MEMORANDUM**

**TO:** Directors  
Area Agencies on Aging

**FROM:** Bill Peterson

**DATE:** July 15, 2003

**SUBJECT:** AoA Grant Opportunities

The Administration on Aging has issued a consolidated RFP for 13 different grant opportunities. Go to [www.aoa.gov/](http://www.aoa.gov/) to see these funding opportunities. Applications are due August 15th.

# COMMONWEALTH of VIRGINIA

*Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

## MEMORANDUM

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors  
Disease Prevention & Health Promotion Directors

**FROM:** Carol Cooper Driskill

**DATE:** July 15, 2003

**SUBJECT: Diabetes Education**

Many health professionals consider diabetes the epidemic of our time. Currently there are 16 million cases of diabetes in this country. Of that number, 5.4 million are unaware they have diabetes. Every day, 2,186 new cases are diagnosed. There is no cure for diabetes and the answer lies in awareness, education, early diagnosis and proper treatment.

About 5 to 10 percent of people with diabetes have Type 1 diabetes and approximately 90 percent of diabetes in the U.S. is Type 2 diabetes. Type 2 diabetes is the most common in adults over age 40 and is linked to obesity, inactivity, family history, and ethnic heritage. African Americans, Hispanic/Latino Americans, American Indians, and some Asian Americans and Pacific Islanders are at very high risk for Type 2 diabetes. Information about the two types of diabetes was mailed to Nutrition Directors.

An awareness campaign aimed at older adults with diabetes is *The Power to Control Diabetes Is in Your Hands*. The outreach effort focuses on self-monitoring blood sugar levels to control diabetes and offers information about Medicare coverage for diabetes self-testing equipment and supplies. It is a project of the National Diabetes Education Program (a joint federal program of

the National Institutes of Health and the Centers for Disease Control and Prevention) and the Health Care Financing Administration.

Diabetes education is a priority for Department of Health and Human Services and Administration on Aging. AAA Nutrition Directors will be receiving a paper mailing that includes an assortment of diabetes education materials. Thank you for your continued assistance with health promotion and disease prevention activities.

# *COMMONWEALTH of VIRGINIA*

## *Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

### **MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**AND:** Nutrition Directors

**FROM:** Carol Cooper Driskill

**DATE:** July 8, 2003

**SUBJECT: Nutrient Data Now Available for Computers**

A user friendly, searchable version of the U.S. Department of Agriculture's online National Nutrient Database is now available for download onto personal computers and laptops free of charge. The information lists nutrients for more than 6,000 food items. The USDA press release is attached.

According to the press release, the new PC-download version requires about 70 megabytes of disk space on a hard drive. The application runs on all Windows versions from Windows 98 Second Edition to the most recent edition.

Go to <http://www.nal.usda.gov/fnic/foodcomp> to download the nutrient database software. Under the red "Search the Nutrient Database" label, click on "Download Software."

For more information about recent upgrades by the Nutrient Data Laboratory, visit: <http://www.ars.usda.gov/is/AR/archive/mar03/nutr0303.htm>.



# NEWS RELEASE

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Release No. 0120.03  
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## **NUTRIENT DATA NOW AVAILABLE FOR HOME COMPUTERS** ***Technology Supports President Bush's HealthierUS Initiative*** ***to Help Consumers Improve Health***

BALTIMORE, April 15, 2003—Accessing the U.S. Department of Agriculture's online National Nutrient Database is now easier than ever. A user friendly, searchable version of the authoritative nutrient database is available for download onto personal computers (PCs) and laptops free of charge, Agriculture Secretary Ann M. Veneman announced today during a speech at the Department of Health and Human Service's HealthierUS Conference.

"This user-friendly nutrient database supports President Bush's HealthierUS initiative to improve overall health for Americans through regular physical activity, proper nutrition, preventive screenings and healthy lifestyle choices," said Veneman. "The accessibility of the database will make it easier for consumers to make healthy choices by providing important information to personal computers."

USDA announced in October 2002 the portable version of the nutrient database for users of personal digital assistants, or PDAs. Today's announcement extends the availability of the information to personal computers. The information lists up to 117 nutrients for more than 6,000 food items. Each item can be found in any one of 22 food-group categories. The PC-download capability is available on the USDA web site today. After an initial download and installation, the database can be accessed from the computer's hard drive.

The PC application expands the accessibility of the database to more users and includes an option to search the entire database at once, or more narrowly by specified food groups. A portion modifier option is also included. For example, after clicking on carrots, raw, the user can choose from a variety of standard portion sizes. But if the user would prefer to increase or decrease the amounts, portions can be customized to suit individual needs. The search term "not" is also featured, which allows users to screen out unwanted foods by designating, for example, "carrots not raw."

Researchers at the Agricultural Research Service's (ARS) Nutrient Data Laboratory in Beltsville, Md., worked with HealtheTech Inc. of Golden, Colo., through a cooperative research and development agreement, to provide users with a downloadable search application for use on their PCs. The lab is part of the ARS Beltsville Human Nutrition Research Center. ARS is USDA's chief scientific research agency.

The new PC-download version requires about 70 megabytes of disk space on a hard drive. The application runs on all Windows® versions from Windows 98 SE (Second Edition) to the most recent edition. To download the nutrient database software, go to <http://www.nal.usda.gov/fnic/foodcomp>. Under the red "Search the Nutrient Database" label, click on "Download Software." Read more about NDL's recent upgrades by visiting: <http://www.ars.usda.gov/is/AR/archive/mar03/nutr0303.htm>.

For more information on President Bush's HealthierUS Initiative, go to <http://www.whitehouse.gov/>.

### **Additional Information**



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[Nutrient Database Software](#)



[Transcript](#)



[President Bush's Healthier US Initiative](#)



[HealthierUS.gov](#)

# *COMMONWEALTH of VIRGINIA*

## *Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

### **MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Janet L. Honeycutt  
Director of Grant Operations

**DATE:** July 15, 2003

**SUBJECT:** 2004 Training Calendar

Attached, please find the Training Calendar for 2004. As I mentioned at the Area Plan Training, we are always open to suggestions from you for different types of training to meet your needs. Just let me know if there is a topic you would like for us to cover.

Let me know if you have any questions.

**VIRGINIA DEPARTMENT FOR THE AGING  
2004 TRAINING SCHEDULE  
JULY 1, 2003 THROUGH JUNE 30, 2004**

<b>TOPIC</b>	<b>LOCATION</b>	<b>AUDIENCE</b>	<b>CONTACT PERSON</b>	<b>DATE</b>
<b>AIM Coordinators</b>	<b>Radisson Hotel, Hampton</b>	<b>AIM Coordinators</b>	<b>Leonard Eshmont</b>	<b>September 10, 2003</b>
<b>VICAP</b>	<b>TBA 1 PM – 5 PM</b>	<b>NoVA VICAP Coordinators and Volunteers</b>	<b>VDA Janet Riddick</b>	<b>September 10, 2003</b>
<b>VICAP</b>	<b>TBA 9 AM– 1 PM</b>	<b>NoVA VICAP Coordinators and Volunteers</b>	<b>VDA Janet Riddick</b>	<b>September 11, 2003</b>
<b>Ombudsman Manager Training</b>	<b>J. Sargent Reynolds 9 - 4</b>	<b>Ombudsman</b>	<b>V4A/VDA Joani Latimer/Leo nard Eshmont</b>	<b>September 16 &amp; 17, 2003</b>
<b>AAA Nutrition Directors Fall Meeting &amp; Training</b>	<b>Dept. of Forestry Charlottesville</b>	<b>AAA Nutrition Directors</b>	<b>Carol Driskill</b>	<b>September 19, 2003</b>
<b>VICAP</b>	<b>TBA 1 PM – 5 PM</b>	<b>Tidewater Area VICAP Coordinators and Volunteers</b>	<b>VDA Janet Riddick</b>	<b>September 22, 2003</b>
<b>VICAP</b>	<b>TBA 9 AM– 1 PM</b>	<b>Tidewater Area VICAP Coordinators and Volunteers</b>	<b>VDA Janet Riddick</b>	<b>September 23, 2003</b>
<b>VICAP/Medigap Web- Software Training</b>	<b>TBA</b>	<b>VICAP Coordinators and Volunteers</b>	<b>Leonard Eshmont/ Janet Riddick</b>	<b>September/ October TBA</b>
<b>VICAP</b>	<b>TBA 1 PM – 5 PM</b>	<b>Southwest Area VICAP Coordinators and Volunteers</b>	<b>VDA Janet Riddick</b>	<b>October 7, 2003</b>
<b>VICAP</b>	<b>TBA</b>	<b>Southwest Area VICAP Coordinators</b>	<b>VDA</b>	<b>October 8, 2003</b>



**VIRGINIA DEPARTMENT FOR THE AGING  
2004 TRAINING SCHEDULE  
JULY 1, 2003 THROUGH JUNE 30, 2004**

	<b>9 AM– 1 PM</b>	<b>and Volunteers</b>	<b>Janet Riddick</b>	
<b>National Family Caregiver Support Program (NFCSP)</b>	<b>DRS Richmond 9:30 AM</b>	<b>AAA NFCSP Staff</b>	<b>Ellen Nau</b>	<b>October 21, 2003</b>
<b>Ombudsman Manager Training Recap</b>	<b>Richmond</b>	<b>Ombudsman</b>	<b>V4A/VDA Joani Latimer' Leonard Eshmont</b>	<b>November 7, 2003</b>
<b>Title V Annual Spring Workshop</b>	<b>TBA</b>	<b>Title V Coordinators</b>	<b>Pat Cummins</b>	<b>March 1 – April 2, 2004</b>
<b>AIM Coordinators</b>	<b>TBA</b>	<b>AIM Coordinators</b>	<b>Leonard Eshmont</b>	<b>April 1, 2004</b>
<b>Managing Stress by Staying Creative (Fee)</b>	<b>Piedmont Geriatric Hospital Burkeville</b>	<b>Congregate Site &amp; Senior Center Managers and Staff</b>	<b>Carol Driskill</b>	<b>April 8, 2004</b>
<b>Managing Stress by Staying Creative (Fee)</b>	<b>Piedmont Geriatric Hospital Burkeville</b>	<b>Congregate Site &amp; Senior Center Managers and Staff</b>	<b>Carol Driskill</b>	<b>April 20, 2004</b>
<b>Area Plan and Reporting Training</b>	<b>Radford</b>	<b>AAA Directors and Key Staff</b>	<b>VDA Staff</b>	<b>April 27, 2004</b>
<b>Area Plan and Reporting Training</b>	<b>Richmond</b>	<b>AAA Directors and Key Staff</b>	<b>VDA Staff</b>	<b>April 28, 2004</b>
<b>I&amp;R/Case Management Training</b>	<b>Richmond</b>	<b>Information and Referral Care Coordination Staff</b>	<b>Faye Cates and Ellen Nau</b>	<b>TBA</b>
<b>Financial Management Training</b>	<b>Richmond</b>	<b>AAA Financial Staff</b>	<b>VDA Staff</b>	<b>June 22, 2004</b>
<b>Financial Management Training</b>	<b>Roanoke</b>	<b>AAA Financial Staff</b>	<b>VDA Staff</b>	<b>June 24, 2004</b>
<b>Home Safe Home, Virginia ! and</b>	<b>TBA</b>	<b>AAA Grant Recipients</b>	<b>Carol Driskill</b>	<b>TBA</b>

**VIRGINIA DEPARTMENT FOR THE AGING  
2004 TRAINING SCHEDULE  
JULY 1, 2003 THROUGH JUNE 30, 2004**

<b>Remembering When</b>				
<b>Safe Food Handling Certification (ServSafe) (Fee)</b>	<b>TBA</b>	<b>AAA Nutrition Staff</b>	<b>Carol Driskill</b>	<b>TBA</b>
<b>Volunteer Liability Issues</b>	<b>TBA</b>	<b>AAA Volunteer Program Directors</b>	<b>Bill Peterson</b>	<b>TBA</b>
<b>Suicide and the Elderly</b>	<b>TBA</b>	<b>AAA Staff</b>	<b>Bill Peterson &amp; Cecily Slasor working with VDH</b>	<b>TBA</b>
<b>Title V Annual Fall Training</b>	<b>TBA</b>	<b>Title V Coordinators</b>	<b>Pat Cummins</b>	<b>TBA</b>

# *COMMONWEALTH of VIRGINIA*

## *Department for the Aging*

Jay W. DeBoer, J.D., Commissioner

### **MEMORANDUM**

**TO:** Executive Directors  
Area Agencies on Aging

**FROM:** Ellen Nau, Human Services Program Coordinator

**DATE:** July 15, 2003

**SUBJECT:** National Family Caregivers Association (NFCA) Story Project

The Virginia Department for the Aging is proud to be a community partner in the NFCA Story Project, a program designed to help family caregivers express their feelings and concerns, and share a list of needs/wishes with policy makers, the media and healthcare professionals.

Attached are two announcements that your agency can use to promote the NFCA Story Project. The announcements have directions for caregivers to place their stories on the NFCA Web site at [www.nfcacares.org](http://www.nfcacares.org). Please notify Ellen Nau at [Enau@vdh.state.va.us](mailto:Enau@vdh.state.va.us) when you have knowledge of caregiver stories submitted to the NFCA Web site. A pdf. file of one caregiver's story is attached.

## **HELP YOURSELF FEEL BETTER AND MAKE A DIFFERENCE!**

Participate in the National Family Caregivers Association (NFCA) Story Project.

The Virginia Department for the Aging is proud to be a community partner in the NFCA Story Project, a program designed to help family caregivers express their feelings and concerns, and share a list of needs/wishes with policy makers, the media, and healthcare professionals.

It's easy to share your story and there are multiple benefits:

- Lessen your feelings of isolation and frustration.
- Help other family caregivers recognize and appreciate the value of their roles.
- Help the National Family Caregivers Association create the Portrait of Caregiving in America, a book that will be distributed to key decision-makers across the country.
- Receive a FREE thank you gift: A Seven-Day Pill Box, compliments of Alimed

Please take the few minutes necessary to share your story and wish list with us. Just click on [www.nfcacares.org](http://www.nfcacares.org), then click the story project icon on the far right of the Web page and follow the simple instructions. You'll be glad you did.

— The Virginia Department for the Aging

**VIRGINIA DEPARTMENT FOR THE AGING SUPPORTS**  
**NATIONAL FAMILY CAREGIVER STORY PROJECT**

Do you wish others could better understand what it is like to care for an aging loved one?  
Do you wish you could hear what other spouses, adult children, siblings, friends, and partners in your situation think and feel?

**Now You Can!**

The Virginia Department for the Aging is partnering with the National Family Caregivers Association to help you share your story, as well as your needs and wishes, with other family caregivers, members of Congress and state legislators, healthcare professionals, and others.

**It's Easy to Do!**

Go to the NFCA Web site at [www.nfcacares.org](http://www.nfcacares.org) and click on the story project icon. You'll find simple directions, sample stories and wish lists, and stories recently sent in by other family caregivers just like you.

**Your Story Will Make a Difference for You, Your Loved One, and for Others!**

Family caregivers who have already submitted their stories say it made them feel good to put their thoughts and feelings into words. They felt as if they were doing something positive for their loved ones and themselves. They felt empowered, and you can too.

**Write Your Story Today! Help us reach our goal of 1,000 stories from family caregivers caring for an aging loved one.**

[www.nfcacares.org](http://www.nfcacares.org)

# Share Your Story — Good Things Can Happen

When she first heard about NFCA's Share Your Story project, Sue Tissian was hesitant to be a part of it. She hadn't told anyone about how she felt since her husband Sam had a stroke three and a half years ago, or about what she really wanted to do to make the caregiving easier, but something inside of her said now's the time to at least put it down on paper — and is she glad she did!

Sue Tissian sat down and wrote her story — just five short paragraphs and a needs/wish list of only four items. It wasn't easy to do. It brought a lot of emotions to the surface and it made her admit how difficult it was to be a family caregiver. Once it was done however, she felt better, and she decided to show it to her daughter Marlene. This is Sue's story.

"I am a 73-year-old healthy woman, caring for my 74-year-old spouse. Though I have some physical problems of my own, they take a back seat to the needs of my husband, Sam. His stroke left him with a right side weakness which require him to use a walker and severe aphasia and apraxia. (Aphasia is the loss or impairment of the power to use words. Apraxia is the ability to execute complex coordinated movements.) Though he uses Metro Access, an area-wide accessible transport service, for his weekly speech therapy sessions, I drive him to wherever his needs take us. I now manage all household, financial, physical and communication needs for both of us.

I feel overwhelmed most of the time and accomplish very little except meeting our immediate needs. He does not require constant care. He is capable of caring for himself almost completely so I can leave him for long periods, but I feel guilty whenever I do.

Another difficult adjustment for me is the autonomous decisionmaking. This is no longer a shared responsibility; it has become a very heavy burden.

We would like to move to more accessible living quarters because I can no longer maintain the grounds and repairs on this aging house, but the thought of getting rid of 48 years of accumulated junk puts me in a state of immobility.

After over 50 years of marriage, I find that I am not the strong burden carrier I always thought I was. I miss our conversations, our spontaneous activities and our independence.

If I had a dream list, it would include some of the following:

1. The sale of our house
2. Finding and moving to a new home
3. Traveling again, whenever the desire arose
4. Another regular exercise program that he would enjoy."

Soon after Marlene read Sue's story, she and her husband Barry leapt into action. They hired a realtor, and within six weeks Sue's home had been sold and a new home in a well-run retirement community had been

found. Marlene and Barry took care of all the details. Sue's job was to make the final decisions and sign the papers.

"I had no idea about the depth of mom's anguish or that the reason she hadn't sold the house was because she perceived it to be an enormous task to move." Whenever we were together she was in good spirits. She seemed to be coping with whatever things life threw at her. I wish I would have known just how important it was for her to move. Selling the house was not a difficult task for us to take care of. I'm just glad she finally shared her story with us." — Marlene Goldstein

"I am so grateful to NFCA for giving me the opportunity to share my story, and I am so glad that I made the effort to do it. I kept telling myself that my kids have their own lives to live. I don't want to burden them with my problems. Little did I know how much they wanted to help. I can't believe how relieved I am now, how much happier."

— Sue Tissian

We invite you to share your story online and become a part of a virtual Portrait of Family Caregiving. Your story will help build a link between family caregivers all across the country, and if you share it with family and friends it can help you build a stronger link with them as well. Sharing her story helped change Sue Tissian's life. Perhaps it will change yours as well. ■

**To Share Your Story**—click on NFCA's web site [www.nfcares.org](http://www.nfcares.org) and the story project icon. Then follow the simple instructions from there.

*The National Family Caregiver Story project is a joint effort between the National Family Caregivers Association, the U.S. Administration on Aging, the National Multiple Sclerosis Foundation, the Alzheimer's Association of America, the National Parkinson Foundation, Paralyzed Veterans of America, and Generations United. Funding for this project has been provided by the Christopher Reeve Paralysis Foundation.*